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$50 MILLION estimated
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HOW TO BEAT THE HOLIDAY HANGOVER

HEALTH, FITNESS EXPERTS GIVE SEVEN SURVIVAL TIPS FOR THE NEXT MORNING

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What I meant to say was the opposite of what I said

Industry minister apologizes for 'insensitive' comment about child poverty PAGE 6

Sorry: No beauty queens allowed

Miss International winner files criminal complaint against a top agency exec, barred from Tuesday's ceremony PAGE 7

My finances won't miss you, 2013!

Survey says 57 per cent of Canadians felt they were not better off financially than they were a year ago PAGE 9

NEWS WORTH SHARING.

Methadone clinic patients displaced

Shuttle buses. Clients of burned out St. Thomas clinic being brought to London for treatment

SCOTT TAYLOR
scott.taylor@metronews.ca

A new methadone clinic in St. Thomas could be up and running within a week, owner Hesham Abdelsayed said Monday.

That would be welcome news to the nearly 100 patients Clinic 217 was accommodating before a Thursday fire gutted the clinic and three other buildings.

Since then, an average of 50 to 60 people a day have been taking advantage of a shuttle bus Abdelsayed hired to get their dose of methadone at his London clinic at 528 Dundas St.

It's not the best of worlds, he conceded, but something had to be done because many of them can't get through a day without their dose.

"You don't expect to have a fire in your business, but things happen," he said. "We have to move quite quickly to help the people who need it.

Hesham Abdelsayed METRO

"We have about 450 patients (in St. Thomas) and they usually go to that location between one and seven times a week."

Now, Abdelsayed said a deal is almost in place to open in a new location in St. Thomas. As soon as that happens, his staff will be ready to go.

"We're working on finalizing a deal (Monday and Tuesday). It wouldn't take much to re-open," he said. "We have everything in place."

By the numbers

- **Methadone patients served daily in St. Thomas:** 70 to 80
- **Methadone patients served daily in London:** More than 600
- **Daily shuttle buses between St. Thomas and London since the fire:** 4 to 5

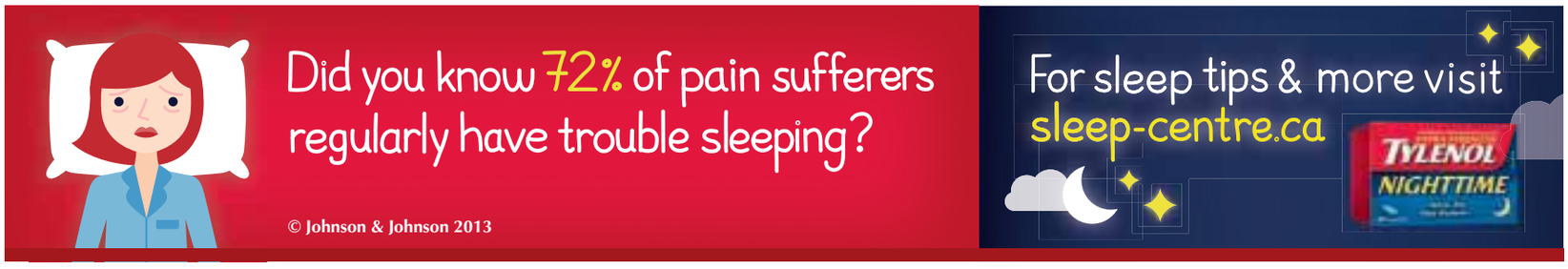
The scene on Talbot Road, where the former clinic stood, was still grisly Monday. What the fire didn't bring down, a bulldozer did.

Abdelsayed applauded St. Thomas leaders for their support since the blaze.

"The municipal government in St. Thomas has been very supportive," he said. "They have a huge understanding of what we're going through, and they're giving lots of support to our clients there.

"Their understanding has been tremendous."

This burned out rubble is all that was left standing of Clinic 217 after a Thursday fire ripped through downtown St. Thomas. MIKE DONACHIE/METRO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NIGHTTIME

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Christmas hampers double in a decade

Donations. Hundreds line up as Salvation Army starts its annual giveaway

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The need for Salvation Army Christmas hampers has doubled in 10 years, agency officials say.

When spokesman Perron Goodyear joined the Sally Ann a decade ago, they gave out 3,000 hampers. This year, they're planning on 6,000.

"We gave out 5,800 last year and so we expect that to increase," he said Monday.

The lineup of people in need began shortly after midnight Monday — the first of five days during which hampers will be given away.

Such is the grim situation in London. It's near Christmas time and families dealing with difficult times want to give their kids a proper holiday dinner.

The line really began taking shape in the darkness of 5 a.m., when the wind chill made it feel like –18 C.

Goodyear said while there's enough food to go around, there's still a need for toys — each qualified family gets new toys for their kids and all the staples to make a Christmas dinner.

Meanwhile, the agency's Kettle Campaign is still tracking lower than last year, Goodyear said.

"We still need to make sure we reach our Kettle target," he said. "I don't have the numbers from the weekend yet, but we're still about $8,000 short of where we were at the same time last year as of Friday and, of course, our goal is higher."

Coming to the rescue are groups like Middlesex-London EMS. Crews scored last weekend at the Great Canadian Superstore on Oxford Street in the north end.

Public education coordinator Brieanna Angel said 31 bins of food and an ambulance full of toys were donated, all of which they'll give to the Salvation Army on Tuesday.

Toys can still be dropped off at the Western Fair District's Canada Building from 8:30 a.m. to 3:30 p.m. this week.

In the spirit of giving

Corporate donation:

- London's Bell employees are among those getting into the spirit.
- On Monday, the company donated gifts for 160 children, five boxes of food, and a cheque for $2,100 to the Salvation Army campaign.

Middlesex-London EMS superintendent of education Jay Loosley is ready to deliver a big load of donated toys to the Salvation Army on Tuesday as the non-profit continues its Christmas hamper giveaway this week. SCOTT TAYLOR/METRO

TALK TO SANTA
Tonight LIVE
6:30 - 9:00pm
only on
ROGERS TV
CABLE 13 HD
Call in to talk to Santa LIVE or email him your wishlist online at RogersTV.com

London lawyer puts aside legal pad in favour of iPad

Justice with just iOS.
Local litigator lands $60,000 payout for his client — and claims to have broken a little ground in the process

SCOTT TAYLOR
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He can't prove it definitively, but London lawyer Dan Mailer believes he broke new legal ground in the city recently when he used an iPad 2 to present evidence in a personal-injury hearing.

The litigator for Cram and Associates said he'd been looking for opportunities to use the technology in a trial for some time.

"I had a dog-bite trial that was ready to go last week. There was a three-year-old boy who'd been mauled by a rottweiler (two years ago)," Mailer said. "I had photographs of … my client's scarred face. I thought it might present well in court."

He said the graphics — fed from from his iPad to a 60-inch TV — were more convincing than they would've been as smaller handout photos.

He called court services, which is responsible for the technology in the courthouse beforehand to ask if it could be done.

The technology has been used in courtrooms elsewhere in the U.S. and Canada, but local authorities had no experience in answering his request, Mailer said.

"They said, 'You want to do what?'" the lawyer said.

Mailer said the victim in his case will bear the scars from the dog attack for the rest of his life. He won a $60,000 judgment for the child.

London lawyer Dan Mailer has taken high-tech to a high level, using an iPad to fight, and win, a legal battle. SCOTT TAYLOR/METRO

Merry Christmas, everyone — now get this all out of my sight!

Bah humbug! Anne-Marie Moore takes an axe to a Christmas tree as she gets ready to Undeck the Halls. MIKE DONACHIE/METRO

If you're sick of Christmas already, then Anne-Marie Moore has the solution for you.

She specializes in giving people back their time, with her business Make It So, which takes on the tasks nobody's got time for: from picking up groceries to hiring contractors.

But now Moore has had a seasonal brainwave: She's launched Undeck the Halls, a service that brings down your Christmas decorations, organizes them and packs them away.

"I'm trying to come up with unique ideas for clients to get them what I liked to call 'return of time,'" said Moore. "The business world is familiar with return of investment. But time is our most precious commodity.

"People talk about not having enough time, but they don't take a step back and ask, 'How am I spending it?'"

And if you don't want to spend it tearing down and boxing up your decorations, Moore's team will do it for you.

"A lot of people are quite excited about decorating before the holidays," said Moore. "It kind of builds up the excitement and participation.

"It's not typically the same on the 26th or the 27th. I came up with the idea: Why wouldn't I be able to give people back some time during that week?"

For more information, visit gomakeitso.com.

MIKE DONACHIE/METRO

Undecorating tips

- Want to be ready for next year? Remember to roll your lights up neatly.
- Moore also recommends labelling everything so you know where it is.
- If you're storing stuff away, group things by theme or colour.
- Moore recommends a box marked "open me first," so you get into the mood quickly next year.

Joint investigation.

Large contraband tobacco operation shut down

Authorities say a large contraband tobacco smuggling and trafficking operation has been dismantled in southwestern Ontario.

It's alleged the ring was responsible for smuggling more than 66 tonnes of unstamped water-pipe tobacco into Canada since 2010.

Nine people are facing charges following a joint investigation by the RCMP, the Canada Border Services Agency and the Ontario Ministry of Finance.

Quoted

"Contraband tobacco is a threat to the security and health of Canadian citizens." Rick Comerford, Canada Border Services Agency

It's alleged the network used sophisticated methods to conceal their smuggled products and hide their operation.

THE CANADIAN PRESS

Dorchester

3 charged for alleged break-in

Three Londoners are facing charges after police say they were caught in the act of breaking in to a Dorchester home.

Police were called to Catherine Street near Shaw Road about 12 p.m. after someone reported a suspicious person and vehicle.

The OPP arrested Stephen Dibsdale, 45, Allyssa Monk, 31, and Nichols Johnstone, 24.

Charges include possession of break-in instruments, attempting to commit an indictable offence and possession of property obtained by crime under $5,000.

METRO

Fees. City to rethink fire charges proposal

There were strong words at city hall Monday about plans to charge property owners for fire investigations.

The idea, already discussed at previous city meeting with no significant controversy, was on the table at the strategic priorities and policy committee.

And this time the controversy really caught fire.

Even before the meeting started, Mayor Joe Fontana made it clear the city had already listened to property owners.

A letter from the London Property Management Association (LPMA), a non-profit representing landlords, showed they weren't happy with being billed if there's a fire in one of their buildings.

Fontana said the issue had been cut out of a proposal to change fees for a variety of public services. It was to be sent back to staff for more discussion and would not be considered Monday night.

But Joe Hoffer, representing the LPMA, still had a forthright statement to make.

He told committee members he was concerned to hear about the proposals in the media, saying fire chiefs had been "given a blank cheque by council."

He disagreed with the opinions of some councillors, as reported, that property owners would only be charged in rare and extreme circumstances.

Instead, the LPMA fears there is a perception that "wealthy property owners" can be made to pick up the tab for fires, helping to cut the fire service budget.

Joe Hoffer, of law firm Cohen Highley METRO

He pleaded with the city to take a careful look, with help from its lawyers, at the proposal, claiming it didn't include any right of appeal against charges applied.

"If you find that there isn't, we would ask that you put some limitation of some kind in there," said Hoffer. "Otherwise it is a real opportunity to abuse property owners."

MIKE DONACHIE/METRO

In other news

Committee members agreed on a variety of changes to fees and charges across the city. Nothing's final until its passed by full council Tuesday night:

- Aquatics: Two per cent increase in charges
- Arenas and sports fields: Fees to go up two per cent
- Special events: Vendor permits to increase to $10 from $2

Progress. Annual report published online looks at aims, city's successes

London's civic leaders have a positive message for the city.

At city hall Monday, staff revealed the 2013 Report To The Community, which updates progress on the city's Strategic Plan.

It talks about key aims: a strong economy, a vibrant and diverse community, a green and growing city, a sustainable infrastructure and a caring community.

It includes a series of statistics. For example, culture is worth $540 million to the London economy every year. More than 26,000 people registered with recreation programs. And so on.

But the report — online at communityreport.ca — is also the city talking up successes in the face of criticism.

It was launched at the strategic priorities and policy committee, which also saw the results of the 2013 Community Survey, in which many citizens said they were unhappy with local government. In all, 36 per cent were "somewhat dissatisfied" and 33 per cent "very dissatisfied."

So Mayor Joe Fontana pointed to the Report To The Community as examples of "great things" happening in London.

MIKE DONACHIE/METRO

Gary Brown of London Cycle Link speaks to a council committee Monday at city hall. MIKE DONACHIE/METRO

Voice for cyclists heard at city hall

Unexpected turn. Council members tell staff to work on new advisory group

MIKE DONACHIE
mike.donachie@metronews.ca

Two-wheeled transport will have a voice at City Hall.

In a committee decision involving nearly every member of council Monday night, there was overwhelming support for creating a new cycling advisory committee.

It meant that councillors had to go against the views of their own staff, though. They had asked for changes to the transportation advisory committee instead, warning that having both bodies would mean duplication and a strain in resources.

But, after a series of cycling advocates spoke to Monday's strategic priorities and policy committee, pleading for the committee to help make London better for cyclists, the vote went against the staff request.

One councillor summed up the problem for cyclists in London: Fear.

Vote

- The outcome of an 11-3 vote was for staff to draw up the terms of a new cycling advisory committee.
- Only councillors Paul Van Meerbergen, Harold Usher and Dale Henderson voted against. The instruction to staff also includes changing the terms of reference of the transportation advisory committee to reflect wider transport options.

The need

"Part of making London a cycle-friendly city is having a dedicated cycling advisory committee to help the city spend its stretched budget wisely."

Gary Brown of London Cycle Link

The reality

"Our city currently lacks good cycling infrastructure and possesses a piecemeal network."

Londoner Daniel Hall

"My bicycle is going rusty in the basement," said Coun. Judy Bryant. "It's because I don't want to ride my bicycle."

She continued: "I can't use it as my main means of transport in London. It doesn't work for me because I'm no longer at the top end of fearless. I'm at the bottom end."

Mayor Joe Fontana said it was time for cycling to be recognized as the "movement" it is.

The solutions

"What we're looking for here are integrated solutions that are actions, not talk."

Coun. Paul Hubert, who agreed with the aims but wasn't convinced of the need for a new committee.

The rationale

"I see absolutely no reason why we wouldn't have an advisory committee (for cycling)."

Coun. Nancy Branscombe

Spring thaw. Nenshi says Calgarians are mentally ready for next high water

Calgary's physical defences against flooding will be only marginally better by next spring, but Mayor Naheed Nenshi believes the city is psychologically prepared to deal with another major high-water event, should one occur in 2014.

"Of course, if we had another incident like this, it would be psychologically devastating, but I think we've built up human resilience in addition to physical resilience," Nenshi told Metro in an interview.

"One thing I didn't talk about much during the flooding – but was always just below the surface of the work that I was doing – was the mental and emotional well being of people," the mayor added. "One of the reasons I pushed so hard to encourage people to volunteer and to help out neighbours and strangers wasn't just to get the basements cleaned up more quickly. It was actually so that people who, in the worst period of their lives, when they were feeling so beaten down, would know they live in a community where others care about them."

City manager Owen Tobert noted, however, that the city still has lots of post-flood work to do on projects like riverbank reinforcements and resources are limited.

ROBSON FLETCHER/METRO IN CALGARY

Calgary's psyche

"We've built up human resilience."

Naheed Nenshi, Calgary mayor, speaking of Calgarians' resilience after spring floods.

Calgary Mayor Naheed Nenshi addresses media during the flooding crisis in June. METRO FILE

Toronto police

Cops sued for alleged racial profiling

Four black Toronto teenagers who were stopped by police and thrown in jail two years ago have filed a lawsuit against the officers alleging they were targeted because of their race.

The plaintiffs allege the officers had no reasonable or probable grounds to believe they had committed an offence on Nov. 21, 2011.

A statement of claim alleges the officers who stopped the teens "acted with ... racial bias, malice and bad faith". None of the allegations have been proven in court.

THE CANADIAN PRESS

Canadian prisons

Inmates more likely to get HIV, study shows

A new study suggests federal and provincial inmates are more likely to be infected with HIV because of the lack of adequate treatment in facilities where syringes are shared.

Researchers at the BC Centre for Excellence in HIV-AIDS say authorities need to urgently improve treatment and promote programs such as needle exchanges.

The study conducted between May 1996 and March 2012 regularly interviewed 657 inmates who were HIV positive and used injection drugs. THE CANADIAN PRESS

Moore apologizes for hungry child snide

'Insensitive.' Industry minister changes tune from 'out of context' to sorry after full radio clip posted online

KATE WEBB
Metro in Vancouver

Federal Industry Minister James Moore apologized on Monday for making an "insensitive" comment to a reporter last week that child poverty is not Ottawa's problem.

"Is it my job to feed my neighbour's child? I don't think so," he chuckled to a Vancouver News1130 radio reporter, after saying the federal government is not going to "usurp the province's jurisdiction" over addressing child poverty.

At first, the B.C. MP insisted his comment had been taken out of context and also claimed the quote was inaccurate, but after the radio station posted the full audio clip on its website, he changed his tune.

"Caring for each other is a Canadian ethic that I strongly believe in — always have and always will," he said in a blog post published on his website on Monday.

B.C. has the highest child poverty rate in the country, at 18.6 per cent compared to the national rate of 13.3 per cent, according to advocacy group First Call.

Adrienne Montani, B.C. coordinator for First Call, said Moore's apology did not go far enough.

"He has a role as minister of industry to look at what kind of jobs, what kind of industries are getting federal government support and which kind aren't," she said.

"…Right now we need two parents to work in most families, so either bring down the cost of living, like childcare and housing, or raise wages, or make government subsidies better for those who the (job) market serves poorly and are on low wages. There are so many things they could do."

Moore did not make himself available for comment on Monday.

Industry Minister James Moore speaks in the House of Commons in October. ADRIAN WYLD/THE CANADIAN PRESS FILE

In a tight spot

The Harper government scrambled to shove a genie back into the bottle as one of its most sure-footed cabinet ministers made insensitive comments about hungry children.

- **Finance Minister Jim Flaherty defended the government touting its reduction of taxes to address income inequality.** "We did the Working Income Tax Benefit, which people in that area of work will tell you was the most important tax reform for persons with limited income since the 1950s," he said.
- **The NDP and Liberals called Moore's comments callous and heartless.** They accuse the government of failing hungry kids and poor families.

Santa flanked by jets 'a lot of fun': Norad

The U.S. and Canadian military will entertain millions of kids again this Christmas Eve with second-by-second updates on Santa's global whereabouts. But there's something new this year: public criticism.

A children's advocacy group says an animated video on the NORAD Tracks Santa website injects militarism into Christmas by showing fighter jets escorting Santa's sleigh. It's a rare swipe at the popular program, which last year attracted a record 22.3 million unique visitors worldwide to its website.

The kerfuffle erupted over a 39-second video on noradsanta.org called "NORAD Tracks Santa Trailer Video 2013."

A 5-second segment of the video, also available on YouTube, shows two fighter jets flanking Santa.

The Boston-based Campaign for a Commercial Free Childhood said the video brings violence and militarism to a beloved tradition. Blogs and Twitter also lit up with volleys from both sides.

U.S. Navy Capt. Jeff Davis, a NORAD spokesman, said he disagrees.

"We really do feel strongly that it's something that is safe and non-threatening, and not something that would negatively impact children," he said. "In fact, we think that it's a lot of fun." THE ASSOCIATED PRESS

A volunteer takes children's calls in the 2012 Norad Tracks Santa Operation. THE ASSOCIATED PRESS FILE

Beauty queen shut out of ceremony

Japan. Last year's Miss International files criminal complaint against agency exec over alleged extortion

A Japanese beauty queen won't be handing over her crown to her successor after she refused to sign with a major talent agency.

Ikumi Yoshimatsu, winner of last year's Miss International contest, has filed a criminal complaint against a top agency executive alleging obstruction of business, stalking, intimidation and extortion.

She says he threatened her life after she formed her own management agency rather than use his.

The teary-eyed beauty queen told reporters on Monday the executive had threatened sponsors and shareholders, and she was barred from Tuesday's ceremony in Tokyo.

The executive, Genichi Taniguchi, denied doing anything to Yoshimatsu and said he holds no grudges against her. THE ASSOCIATED PRESS

Controversy

The organizers confirmed they won't allow Yoshimatsu to appear because they don't want media coverage of the controversy to overshadow the event.

Miss International 2012 Ikumi Yoshimatsu addresses a news conference in Tokyo on Monday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Trial. Knox's solicitation of donations for victim an 'unbearable contradiction'

A lawyer urged an Italian appeals court on Monday to convict Amanda Knox of murdering British student Meredith Kercher and denounced as "unbearable" that the American was soliciting donations in Kercher's memory.

Francesco Maresca, in his closing arguments on behalf of the Kercher family in the third trial of Knox and co-defendant Raffaele Sollecito, urged the eight lay jurors on the panel of 10 to disregard publicity over the case as well as Knox's own statements, including her criticism of Italy's judicial system.

"She has become a well-known person. You know she signed contracts for millions of dollars for her book. She has someone who takes care of her public relations. She has a personal website where she invites people to collect donations in the memory of the victim, Meredith Kercher, which is an unbearable contradiction for the family," Maresca said.

Knox is soliciting donations on her website for her defence as well as an unspecified project in Kercher's memory.

Amanda Knox
THE ASSOCIATED PRESS FILE

Knox's lawyer, Carlo Dalla Vedova, said after the hearing that she was doing so out of the friendship she felt for Kercher, and that the criticism of her actions was irrelevant to the case.

Kercher, 21, was brutally murdered in November 2007 in the apartment she shared with Knox in the university town of Perugia. She had been raped and her throat slashed. Prosecutors claim Knox and Sollecito carried out the murder with a third man, Ivory Coast-born Rudy Guede, who is serving a 16-year sentence.
THE ASSOCIATED PRESS

Britain

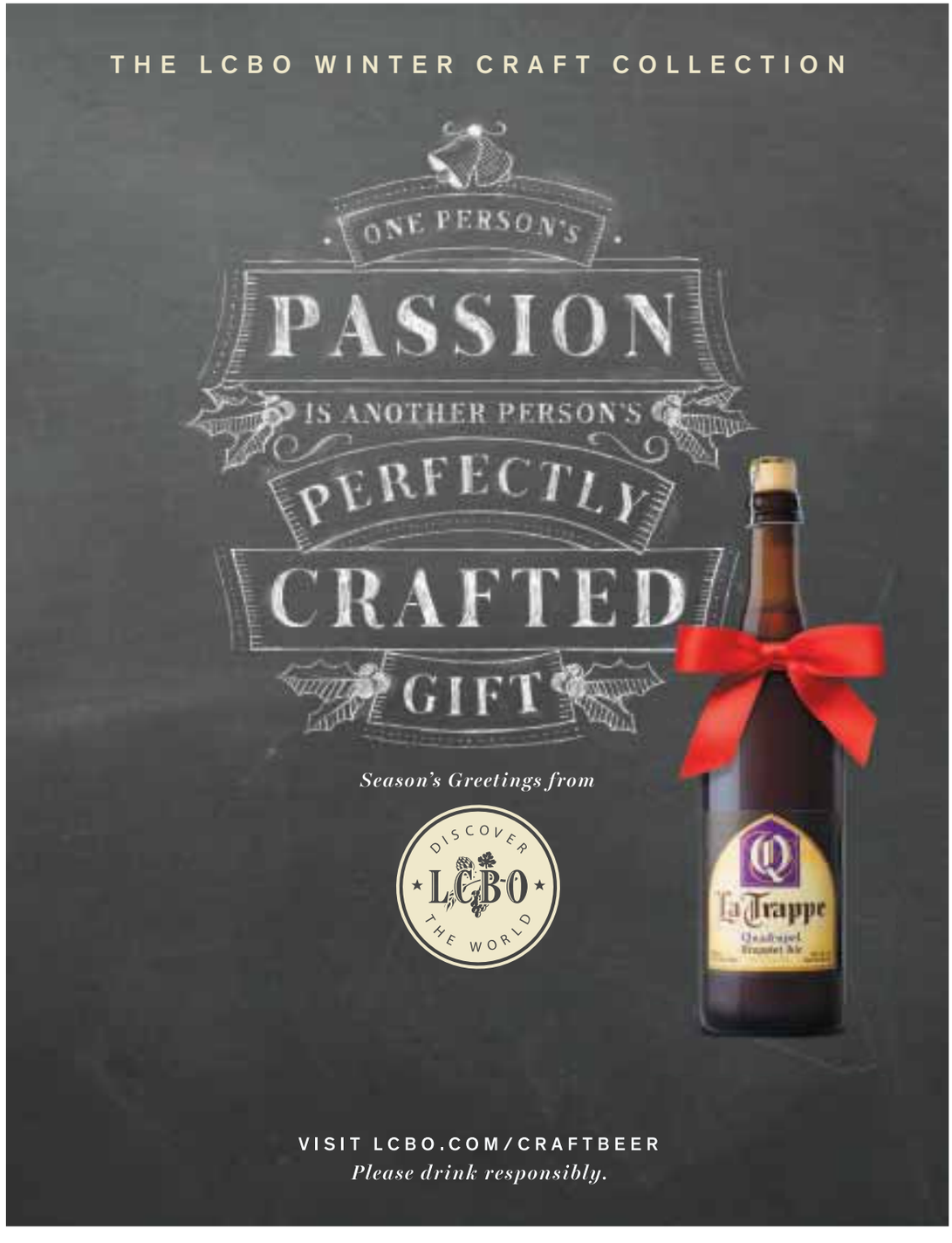
Police to charge two people over offensive tweets

British police will charge two people over offensive tweets sent to a feminist activist, an online onslaught that sparked a national debate over the limits of free speech and pushed Twitter to revamp its abuse reporting worldwide. Prosecutors said Monday that 23-year-old Isabella Sorley and 25-year-old John Nimmo would be charged with "improper use of a communications network."
THE ASSOCIATED PRESS

Same-sex marriage

Methodist pastor defies church's Book of Discipline

A United Methodist minister in the U.S. plans to defy a church order to surrender his credentials for performing a same-sex wedding. Rev. Frank Schaefer said Monday he cannot uphold the church's Book of Discipline because he finds it discriminatory. The Methodist church accepts gay and lesbian members but rejects the practice of homosexuality as "incompatible with Christian teaching." THE ASSOCIATED PRESS



Education for Saudi women is improving, but jobs still limited

Women's rights. Although females make up almost 58 per cent of grads, women hold only a third of jobs in the public sector

A veiled woman walking on Monday in Mecca, Saudi Arabia, where society is governed by a mix of ancient customs and conservative interpretations of Islam. Most women cover their face and by law must wear long flowing black abayas in public. AYA BATRAWY/THE ASSOCIATED PRESS

A sign at a university in Riyadh telling women what clothing is appropriate. THE ASSOCIATED PRESS

Within their female-only campuses, women at Saudi Arabia's universities let loose. Trendy sneakers, colourful tops, a myriad of hairstyles.

In their bags, the textbooks vary, but one item is mandatory: a floor-length black abaya robe that each must cover herself with when she steps through the university gates back to the outside world of the kingdom.

Saudi Arabia has spent billions of dollars to improve women's education, part of a broader drive to empower young Saudis for the marketplace. That has meant improved campuses, better facilities and research programs and a slight expansion in the curriculum for women. For years, Saudi King Abdullah has been making startling, if incremental, moves to ease restrictions on women in the kingdom, where the word of strict ultraconservative Wahhabi clerics is virtually law.

But a look inside the women's universities that have sprung up over the past decade illustrates how change only goes so far.

Women remain bound by a web of customs and religious strictures. They are ruled by the whim of male relatives whose permission is required for a woman to work, get an education or travel under "guardianship laws"

"No matter what happens, women are still bound by male guardianship laws and strict cultural norms," said Aziza Yousef, a professor at the women's college of King Saud University.

THE ASSOCIATED PRESS

Quoted

"Education itself will not change things ... They can be PhD's, but not know their rights."

Aziza Yousef, professor at the women's college of King Saud University
Yousef says that Saudi women must be educated in a culture of rights.

Friends say fake signer was part of murder mob

The bogus sign language interpreter at last week's Nelson Mandela memorial service was among a group of people who accosted two men found with a stolen television and burned them to death by setting fire to tires placed around their necks, one of the interpreter's cousins and three of his friends said Monday.

But Thamsanqa Jantjie never went to trial for the 2003 killings when other suspects did in 2006 because authorities determined he was not mentally fit to stand trial, said the four. They insisted on speaking anonymously because of the sensitivity of the fake signing fiasco, which has deeply embarrassed South Africa's government and prompted a high-level investigation into how it happened.

Their account of the killings matched a description of the crime and the outcome for Jantjie that he himself described in an interview published on Sunday by the Sunday Times newspaper of Johannesburg.

Thamsanqa Jantjie, the bogus sign language interpreter. ITUMELENG ENGLISH/ THE ASSOCIATED PRESS

"It was a community thing, what you call mob justice, and I was also there," Jantjie told the newspaper.

Jantjie was not at his house Monday, and the cousin told AP Jantjie had been picked up by someone in a car Sunday and had not returned. His cellphone rang through to an automatic message saying Jantjie was not reachable.

Instead of standing trial, Jantjie was institutionalized for a period of longer than a year, the four said, and then returned to live in his poor township neighbourhood on the outskirts of Soweto. At some point after that, they said, he started getting jobs doing sign language interpretation at events for the governing African National Congress Party.

Jantjie told the AP last week he has schizophrenia and hallucinated, seeing angels while gesturing incoherently just three feet away from President Barack Obama and other world leaders during the Tuesday ceremony at a Soweto stadium. Signing experts said his arm and hand movements were mere gibberish.

An investigation is under way by South African officials to determine who hired Jantjie as the onstage interpreter at the Mandela memorial service and if and how he received security clearance. The officials have not said how long their investigation will take place, and reaching them for updates was difficult Monday, a public holiday in South Africa.

THE ASSOCIATED PRESS

Record appeal for Syrian aid

A Syrian man cries while holding the body of child who was killed Sunday following a Syrian government airstrike in Aleppo, Syria. The exodus of millions of people from Syria prompted a record appeal by the UN on Monday for $6.5 billion to help the displaced. ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

U.S. security

Gitmo prisoners transferred

Two Guantanamo Bay prisoners have been transferred to Saudi Arabia as part of a renewed effort to close the offshore U.S. prison.

U.S. officials say the two Saudis have been transferred to the custody of their own government after a security review.

Neither man had been charged with a crime. U.S. records show both were suspected members of al-Qaida and were considered to be at high risk of rejoining the terror group if released.

THE ASSOCIATED PRESS

France

Lab meat sold for eats

Meat from horses used in laboratory procedures was illegally sold as fit for human consumption and landed on French dinner tables, authorities said Monday.

The complex case raised new concerns about how France, with its rich culinary renown, polices its food supply. THE ASSOCIATED PRESS

Soaps. FDA wants makers of anti-bacterial products to prove safety, efficacy

After more than 40 years of study, the U.S. government says it has found no evidence that common anti-bacterial soaps prevent the spread of germs, and regulators want the makers of Dawn, Dial and other household staples to prove that their products do not pose health risks to consumers.

Scientists at the Food and Drug Administration said Monday they are revisiting the safety of triclosan, the sanitizing agent found in soap in countless kitchens and bathrooms. Recent studies suggest triclosan and similar substances can interfere with hormone levels in lab animals and spur the growth of drug-resistant bacteria. The government's latest ruling lends new support to outside researchers who have long argued the chemicals are, at best, ineffective and at worst, a threat to public health.

THE ASSOCIATED PRESS

Quoted

"The FDA is ... asking industry to show us that these products are better than soap and water."

Stuart Levy of Tufts University medical school

Market Minute

DOLLAR
94.46¢
(+0.08¢)

Natural gas: $4.27 US (-$0.01)
Dow Jones: 15,884.57 (+129.21)

TSX
13,184.41 (+58.71)

OIL
$97.48 US (+$0.88)

GOLD
$1,244.40 US (+$9.80)

Majority of Canadians felt strapped for cash in 2013

Canadians did not feel flush with cash this year. THE CANADIAN PRESS

Haves and have-nots. Albertans were most likely to feel better off, while Quebecers were feeling the squeeze

Sun Life Financial says 2013 wasn't a great year financially for most Canadians.

An Ipsos Reid survey conducted in November for Sun Life found that, overall, 57 per cent of Canadians felt they were not any better off financially than they were a year ago.

Those feelings were even stronger among women and those aged 55 and older, with 61 per cent of both groups saying their financial position had not improved year over year.

On the flip side, 38 per cent of those surveyed did say their finances had improved compared with a year ago.

Albertans were most likely to say they felt better off, at 47 per cent, followed by those in Saskatchewan and Manitoba, at 45 per cent, and Atlantic Canadians at 43 per cent.

Quebecers were least likely, with 63 per cent saying their financial position was no better than a year ago.

"It's concerning that a majority of Canadians aren't feeling better off financially than they were last year as we head into a holiday season where we tend to spend more and save less," Sun Life president Kevin Dougherty said of the results.

THE CANADIAN PRESS

A down year

57%

The majority of Canadians felt they were not better off financially in 2013.

NEXT HOME GAME

VS. HALIFAX RAINMEN

Thursday
Dec. 19th @ 7pm

Kelloggs employee welcome game

VS. MISSISSAUGA POWER

Sunday
Dec. 29th @ 2pm

Kids day, doors open at 11:30am for fun basketball activities.

lightningbasketball.ca

Presented by NATIONAL BANK

ROAD TO THE THREE PEAT

Budweiser GARDENS

FACEBOOK BUTTONS WE WOULD 'LIKE'

SHE SAYS

Jessica Napier
metronews.ca

What's not to like about Facebook? Plenty of things.

For years, users have been clicking the thumbs up icon to show their approval on everything from vacation photos to music videos to engagement announcements. But what happens when we come across those news feed items that aren't so likeable?

Facebook engineer Dan Muriello recently announced that the global social media site is experimenting with a new "sympathize" button to provide an alternative option to the iconic 'like.' I can think of a number of appropriate occasions to use this new option, especially for melancholy posts about breakups, deaths or other personal tragedies. The "sympathize" button would also work well when used to express a comical "I've been there man" on a status update about an epic hangover.

It may be some time before this new feature pops up on our screens, but in the meantime I'd like to propose some additional new tools that those software engineers might want to consider. Here are my top five most-wanted Facebook buttons:

The 'dislike' button. Realistically, the much-discussed 'dislike' button will never actually appear on the social networking site, but it's nice to dream. I know the potential for cyber bullying would be atrocious — but I'd love to have the option to give an enthusiastic thumbs down to yet another Rob Ford video.

The 'seriously' button. This button would be reserved for all those racist and homophobic outbursts or generally ignorant remarks that make you cringe and wonder how you are even possibly friends with this individual. Also appropriate to use on any overtly suggestive bathing suit photos and lengthy status updates full of hashtags.

The 'OMG, if I see another picture of this baby, I'm going to lose my mind' button. OK this one is pretty self-explanatory. Lately my news feed looks like a never-ending photo stream of offspring and it needs to stop. One or two snapshots of your newborn are lovely; posting a fresh 50-photo album every time the little tyke masters a new facial expression is completely gratuitous.

The 'nobody cares' button. A special feature designed for those users who don't seem to understand that over sharing the daily minutia of your mundane life isn't appropriate on Facebook (that's what Twitter is for). I'm looking at you, people who post multiple status updates whining about their flu symptoms in excruciating detail.

The 'vomit face' button. Sometimes nothing can encapsulate your feeling of total disgust like a putrid green, "I'm about to vomit," emoticon. This icon would be best suited for obnoxious humble brags, cheesy couple selfies, overly emotional song lyrics and anything to do with Robin Thicke. Bleugh.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

The *really* old game of cat and mouse

THE ASSOCIATED PRESS FILE

Domestication process verified

A cat-and-mouse game played out in a Chinese village some 5,300 years ago is helping scientists understand how wild felines transformed into the tame pets we know today.

In fact, it was the cat's appetite that started it down the path to domestication, scientists believe. The grain stored by ancient farmers was a magnet for rodents. And that drew wild cats into villages to hunt the little critters. Over time, wild cats adapted to village life and became tamer around their human hosts.

That's the leading theory, anyway, for how wild cats long ago were transformed and became ancestors of today's house cats. That happened in the Middle East, rather than China. But bones from the Chinese village back up the idea that felines took on the pest-control job in ancient times, says researcher Fiona Marshall of Washington University in St. Louis.

The study, focused on an agricultural village in northern China, comes from a poorly understood time in the history of cats. The first evidence of domesticated cats comes much later, in Egyptian artwork from about 4,000 years ago.

THE ASSOCIATED PRESS

5,300 years ago in China

- It's not yet clear whether the cats were from a local wild population, or were already domesticated and had been brought in from elsewhere. Either way, it shows that ancient cats filled the niche at the heart of the hypothesis about how domestication began.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

According to a study released by Netflix, you are indeed not the only person who spent an entire weekend watching Breaking Bad. In fact, more than 60 per cent of subscribers are binge-watchers, to the tune of 2.3 episodes per sitting. Here are some shows that will allow you to continue the habit — at least until Better Call Saul arrives.

CONTRIBUTED

Twin Peaks:

It seems a little silly to recommend a pop culture staple, but everybody knows someone who has been affected by having never watched the immortal cult classic about a supernatural murder mystery in a rugged town inhabited by a surplus of unsavoury weirdos. Decide for yourselves if you want to add the movie to your experience.

Terriers:

A short-lived but much-missed buddy-cop series that sadly managed to squeak out one season before collapsing under the weight of dismal ratings. Whether poor marketing or a too-crowded market is to blame for a premature demise, Terriers deserved better. Thankfully, the single-season arc ends about as perfectly as one could hope.

Justified:

Since Deadwood, Timothy Olyphant has nailed the swaggering, handsome lawman shtick. That shtick is honed to a knife's edge as he plays Raylan Givens, a U.S. marshal rustling up ne'er-do-wells in his childhood stomping grounds of rural Kentucky. Justified tends to be overshadowed by prestige "Golden Age" shows, but reliably clever writing usually makes it far more entertaining than most hours of Mad Men.

Twitter

@metropicks asked: Finance Minister Jim Flaherty says there's no plan to enrich CPP. Do you have a retirement plan?

@MiztressTia: Retirement plan? Of course, to die in the hardware aisle while working at Walmart at the age 98!!

@Gmc_gord: 15% buy gold, 10% lotto max, 5% my kids become wealthy, 70% work damn hard and live within my means (tho I can't resist #Amazon)

@ShonaLiz: Death.

@dan_giannini: Yah save more than you spend. Put it in something that will grow over time. Keep doing it believe me it works!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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Hating on bad history? Reign stars don't mind

McQueen for a queen. Cast of much-critiqued show argue they're just making a teenage drama — plus they get to wear haute couture, so there

MICHELLE CASTILLO
Metro World News

Adelaide Kane plays Mary, Queen of Scots, on Reign. CONTRIBUTED

The stars of Reign have heard all the criticisms about the historical inaccuracies the show — and that is completely fine with them.

"Anybody's certainly welcome to do the historically accurate take on it, but that quite frankly isn't our show.... There's been a lot of criticism about that, but at the end of the day we're making a bit of a fantasy," Torrance Coombs, who plays the role of Sebastian, explained.

"We're making a teenage drama," Adelaide Kane, who plays Mary, Queen of Scots, added. Kane admitted that she used to get defensive when people spoke out against the show, but decided to stop reading all the hate. She's having more fun working with the cast and crew, wearing extravagant clothing and portraying one of the most notorious nobles that has ever existed.

Kane only knew the basics about Mary, Queen of Scots, before signing on to Reign. She had been auditioning for different shows for the CW network when she heard about the show. After submitting a video diary explaining who she was and channelling her father's Glaswegian accent, the producers selected her to play the main role before the audition process even started.

Her co-star Coombs knew very little about the legend as well, but he had some experience playing nobility from his role of Thomas Culpepper on The Tudors. He admitted that arriving on set felt like a "homecoming" of sorts, until he noticed the differences in characters and mood of the show — and a notable lack of nudity.

He said Reign's elaborate costumes helped transform the 21st century actors into 16th century royalty. Costume designer Meredith Markworth-Pollack, whose past credits include Gossip Girl and Hart of Dixie, garbs the actors and actresses in designers like Alexander McQueen and Saint Laurent Paris.

Kane says the corsets can get annoying and needing help to get into her outfits can be a pain. Still, she's enjoying every minute of it.

"I get to wear haute couture that I would never normally wear," Kane said. "Like I'm not going to the Emmys, not a debutante, you know. I don't get to wear casual Alexander McQueen haute couture every day, so that's been amazing. And, you just get to wear leather a lot. Lots of leather."

Quoted

"(At) the end of the day we're making a bit of a fantasy." Torrance Coombs, who plays Sebastian on Reign

But, when the cameras stop rolling, Kane slips into her jeans and flats. The actors admit no one has any problems returning to the modern era. Cellphones and coffee cups are hidden just out of view.

"It's pretty hilarious," Kane added. "Yeah, everybody pulls their phones out of their boots or out of their corsets or whatever."

DVD review

Prisoners

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Hugh Jackman, Terrence Howard, Viola Davis, Paul Dano

The first U.S. feature by Quebec's Denis Villeneuve (Incendies) is a superb child kidnap thriller set in suburban Pennsylvania that uncoils with a serpent's stealth — and strikes just as suddenly. There's no way to prepare for what's about to happen to this comfortable neighbourhood, and also to everybody's notion of what's right and what's wrong in desperate circumstances. Hugh Jackman is a frantic dad, prepared to resort to vigilante justice to find his missing six-year-old daughter. Jake Gyllenhaal is a square-jawed cop fighting the clock, legal bureaucracy and rising anger. The two lead a strong cast that also includes Terrence Howard, Viola Davis, Paul Dano and Melissa Leo. A runner-up audience award winner at TIFF 2013, Prisoners is a potent commentary on modern life and fears and a triumph for Villeneuve. Extras include cast interviews and making-of featurettes.

PETER HOWELL

First of three Avatar sequels due in 2016

Director James Cameron at a press conference on Monday in New Zealand. THE ASSOCIATED PRESS

James Cameron says his vision for his three Avatar sequels is to create a family epic in the mould of The Godfather that will introduce viewers to new cultures and go underwater on his fictional moon Pandora.

The director announced Monday he will be filming the sequels in New Zealand, where he shot the triple Academy Award-winning original. In an interview with The Associated Press, Cameron also talked about life on a New Zealand farm, where he's growing walnuts and allowing his children to roam.

Cameron, 59, said he plans to release the first sequel in 2016, seven years after the release of Avatar, which has become the highest-grossing film in history with a box office take of nearly $2.8 billion US.

He said a core team has been developing new software for the sequels even while he's been gone on other projects, including 18 months planning an 11-kilometre descent to the deepest part of the ocean, which he successfully completed last year.

"It's going to be a lot of new imagery and a lot of new environments and creatures across Pandora," he said. "We're blowing it out all over the place. At first I thought I was going to take it onto other worlds as well, in the same solar system, but it turned out not to be necessary. I mean the Pandora that we have imagined will be a fantasy land that is going to occupy people for decades to come, the way I see it."

Cameron said the films will explore different Na'vi cultures as well the cultures of other Pandora creatures.

THE ASSOCIATED PRESS

A Sully dynasty?

- Cameron noted that the first movie focused on the main character, Jake Sully. "It was very Jake-centric. His story seen through his eyes," he said. "We spread it around quite a bit more as we go forward. It's really the story of his family, the family that he creates on Pandora. His extended family. So think of it as a family saga like The Godfather."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry. ALL PHOTOS GETTY IMAGES

So a smelly prince walks into a bar in Antarctica...

As Prince Harry continues his epic trek in Antarctica, he could really use a drink. But life, he's learning, is full of disappointments. Harry and his hiking buddies — including Dominic West and Alexander Skarsgard — arrived at a bar at McMurdo Station only to be denied service, according to Radar Online. "They were denied (drinks)," a source says. "Only staff and employees are allowed alcohol and tobacco." It probably didn't help matters that Harry and company weren't at their most presentable. "All three were very smelly and scruffy," the source adds. "They are only allowed two two-minute showers per week."

Another star we don't want to see naked

Former Suite Life of Zack & Cody star Dylan Sprouse is the latest young Disney star caught up in a nude photo scandal, thanks to a pair of revealing selfies that hit the Internet over the weekend. The 21-year-old Sprouse, currently attending NYU, is owning up to it, at least. "Whoops, guess I'm not 14 and fat anymore," he tweeted. "I messed up, but I'd be a fool not to own up to it. Got to move past it, I suppose." He didn't make it through without enduring some gentle ribbing from his twin brother and former co-star, Cole Sprouse, who tweeted, "Cold in that bathroom, huh?"

Dylan Sprouse

Hannah and French Montana? Not so fast

Miley Cyrus is fending off speculation that she's dating rapper French Montana after the pair were spotted sharing a warm embrace in New York City recently, according to Hollywood Life. "Miley was doing some post-show flirting with French Montana before leaving (Madison Square Garden) and heading to the afterparty," a source says, adding Cyrus was spotted "grinding" on Montana. Cyrus' response? "Don't hug your friends goodbye unless you want to be rumoured 'dating,'" she tweeted. "I want to think more of the world but people just keep proving their stupidity."

Miley Cyrus

The Word

What funny rumours have the stars heard about themselves?

MEREDITH ENGEL
Metro World News in New York City

We were on the red carpet at this year's Jingle Ball concert at Madison Square Garden, where Miley Cyrus, Robin Thicke, Macklemore, Enrique Iglesias and many other stars took the stage. So many big stars in one room means many opportunities for misinformation, so we decided to help the stars out — we had them clear up the silliest rumour they've heard about themselves. Here's what they had to say:

Ryan Seacrest
What is the funniest story you have ever read about yourself?
That I can sing!
You can't sing?
I cannot sing. Just rap.

Snooki
What is the funniest story you have ever read about yourself?
That I dated Drake.
JWoww: How was it?
Snooki: It was great!

Kellan Lutz
What is the funniest story you have ever read about yourself?
I don't know how to read, so I don't know how to answer that question. No, I'm joking.

Dr. Oz
What is the funniest story you have ever read about yourself?
There was an article that I was having an affair with Oprah.
Of all people! What did you think?
It was a crazy idea.

Austin Mahone
What is the funniest story you have ever read about yourself?
Some person wrote about me saying that my favourite sport is surfing but I've never surfed in my life, so I don't know where they got that.

WITH FILES FROM MAJA LUNDAGER

Rebel Wilson

Rebel and Melissa don't plan to size down

Rebel Wilson and pal Melissa McCarthy are leaning on each other to resist pressures from Hollywood about their weight, according to Star magazine. "Neither one of them is trying to lose weight, and they've formed this little support group to keep each other from falling into the skinny Hollywood trap," a source says of the Bridesmaids co-stars. "Obviously, they could both snap their fingers and lose the weight because of the resources they have available to them — which could include everything from personal trainers to lap band surgery — but right now they're agreeing with each other that they have to hold the line and provide a positive image for overweight girls everywhere. There will be plenty of time for dieting years from now, but Rebel and Melissa are determined to stay at their current sizes for now."

Susan's award-show highlights

Susan Sarandon has found a way to make boring awards shows more fun: going to them stoned. During a chat on Bravo's Watch What Happens Live, Sarandon was asked by Andy Cohen to name one event she'd shown up to stoned, to which she replied, "Only one?" After a laugh, the eight-time Golden Globe nominee, five-time Oscar nominee and four-time Emmy nominee candidly offered, "I would say almost all except the Oscars."

Susan Sarandon

Twitter

@ElizabethHurley
My parrot Ping Pong has mastered my phone ring. Endearing but annoying.

@kirstiealley
if I was a stripper I would have breast implants put in my shoulder blades just to throw guys off

@kevinbacon
Judging by the Holiday sweaters and Santa pins it's clear that flight attendants love Xmas

Hungover, but healthy

ROMINA McGUINNESS
Metro World News

December is the one month when it's OK to be tipsy 24/7. Health and fitness experts tell us how to deal with a hangover.

1. Replenish lost fluids

Alcohol functions as a diuretic, pulling the water out of your body.

"When this happens, you lose a lot of electrolytes (calcium, potassium and magnesium), and that's one of the reasons we feel terrible," says London-based nutritional therapist Gabriela Peacock. "Water gets transported back into your bloodstream much more quickly if the electrolytes are present. So the best way to rehydrate is to get these back in your system by drinking something containing these, such as coconut water."

2. Eat eggs and avoid a comedown

"Eggs contain high levels of protein and sulphur, two things that help get the toxins out of the liver," says Peacock. "The high protein content also increases the production of serotonin, a neurotransmitter in the brain that helps elevate our moods. So if you're feeling cranky after a night out, eating an egg helps. They're also a great source of B vitamins (depleted when we drink) that the liver needs in order to break down the ethanol."

3. Purify your insides

"Kale, broccoli, artichoke… these are all fantastic for liver regeneration," Peacock tells us.

Try steaming them and sprinkle with some spices.

"Turmeric and cinnamon stimulate the liver and ginger helps beat nausea."

4. Drink to de-puff

"Alcohol causes bloating, so drink some lemon-and-parsley (an anti-inflammatory) infused water to de-swell. Fill up two bottles of the pre-prepared brew, and keep one by your bed (for when you get home) and one in the fridge (for when you wake up)," Ary Nunez, Rihanna's personal trainer, said.

5. Go for a spin (if you can stand up straight)

If you're feeling queasy, you need to evaluate if you can actually move.

"Sit up straight (in your bed) and cross your legs. Now close your eyes and spend about 10 minutes breathing through your nose (the most efficient way of circulating oxygen) to figure out how you're feeling," says Nunez. "If you can make it to the gym, go to a one-hour spinning class."

6. Freeze your face

"Always keep gel ice packs in the freezer as this helps take out puffiness from under the eyes after a hard night out," says LA-based dermatologist Dr. Debra Jaliman, author of Skin Rules. "You can also take an over-the-counter antihistamine like Benadryl or apply an eye cream that contains caffeine (it constricts the blood vessels and decreases the blood flow under the eye) to improve the appearance of dark circles."

7. Scrub away the dirt

"I love sonic cleansing systems, such as the Clarisonic brush, because I really feel they help exfoliate and give the skin great glow," says Jaliman.

"If you don't have a brush, pick a gentle exfoliator, making sure it contains glycerin or ceramides, and spend about two minutes washing your face to get rid of all the grime."

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Give that canned chef the boot with your own beefy pasta

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. ROSE REISMAN

Ingredients

8 oz small-shell pasta

Meat Sauce

- 1 tsp vegetable oil
- 2/3 cup finely chopped onion
- 1 1/2 tsp finely chopped garlic
- 8 oz lean ground beef
- 1 cup tomato sauce

Cheese sauce

- 1 1/4 cups canned evaporated 2% milk
- 3/4 cup low-sodium beef stock
- 1/2 tsp Dijon mustard
- 2 tbsp all-purpose flour
- 1/2 cup shredded aged cheddar cheese
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 2 tbsp chopped parsley

1. Preheat oven to 425 F. Lightly coat a 9- × 13-inch casserole dish with cooking spray.

2. Bring pot of water to boil. Add pasta and cook 10 minutes or until tender but still firm. Drain; place in casserole dish.

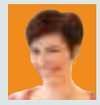
3. Meat sauce: Heat vegetable oil in skillet over medium heat. Add onion and garlic and sauté 4 minutes or until softened. Add ground beef and cook, stirring to break up meat, 4 minutes or until no longer pink. Stir in tomato sauce, cover and cook 5 minutes. Set aside.

4. Cheese sauce: Combine milk, stock and mustard in saucepan. Slowly whisk in flour. Place over medium heat and stir until mix begins to boil. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce is slightly thickened. Stir in cheddar cheese and half the Parmesan cheese and stir until melted. Remove from the heat and add to the meat sauce.

5. Pour sauce over the cooked pasta and stir to combine. Sprinkle with remaining Parmesan and bake in the preheated oven for 10 to 15 minutes or until completely heated through. Garnish with parsley.

Health Solutions

Everybody say, 'goat cheeese'



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Every party needs a cheese platter but it doesn't have to be boring or unhealthy.

Think about a theme that goes for the goat.

Goat's cheese isn't just the soft variety that started showing up on pizza in the '80s. Many varieties are now using goat's milk for its health and flavour benefits.

This dairy is both lower in fat and contains a more easily digestible, naturally homogenized protein.

Some fun ways to bump up your platter are:

- Soak a log of chevre in extra virgin olive oil, minced garlic and chopped olives. Warm for 10 minutes and serve as spread.
- Place a chunk of feta on a platter, surround with walnuts, sprinkle with cinnamon and drizzle with honey.
- Goat's Brie goes remarkably well with pears and stout beer.
- Aged goat's cheddar is just as yummy as cow's. Think about serving it alongside apple pie.

Goat's cheese provides all of the calcium, phosphorus, riboflavin and vitamin A you want from your cheese but with that little extra zip.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

WHITE OAKS mall
FIAT OF LONDON
MUNICIPAL GOLF London CANADA
THE TRADITIONAL AT FANSHAWE
THE QUARRY AT FANSHAWE
THE PARKSIDE AT FANSHAWE
THAMES VALLEY G.C. - CLASSIC
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†In order to be eligible to win the grand prize, you must follow these requirements and your entry must be received between Friday, November 15, 2013 and Friday, December 20, 2013:

1. You must fill in your name, mailing address with postal code, e-mail address and telephone number into the contest computer kiosk located at White Oaks Mall in the Bay Court or submit at White Oaks Mall a completed entry form during the contest period. All ballot entries are subject to verification and will be declared invalid if they are incomplete, altered or tampered with in any way.

2. You can submit only once during any one week and can enter multiple weeks up to a total of five (5) entries as per weeks listed below:
November 15, 2013 9:30 a.m. to November 22, 2013 9:30 p.m. November 23, 2013 9:30 a.m. to November 29, 2013 9:30 p.m.
November 30, 2013 9:30 a.m. to December 06, 2013 9:30 p.m. December 07, 2013 9:30 a.m. to December 13, 2013 9:30 p.m.
December 14, 2013 9:30 a.m. to December 20, 2013 9:30 p.m.

Each week during the contest period two (2) qualifiers will be selected for the final Grand Prize draw. A qualifier can only qualify once during the contest period. All qualifiers must be present on December 23, 2103 at White Oaks Mall to be declared a Grand Prize Winner.

* Visit WhiteOaksMall.ca for full contest rules.

Vegetarian with a kick

Tomato pesto gives this meatless, cheesy pasta bake an extra tomato kick. It's great for serving a crowd, or bank the leftovers for another night for the family.

1. Preheat oven to 400 F (200 C). Grease 13 X 9-inch (3 L) glass baking dish.

2. In large pot of boiling salted water, cook pasta for 5 minutes; drain. Pasta will not be tender.

3. In large saucepan, heat oil over medium-low heat; cook onion for 8 to 10 minutes or until softened. Stir in garlic; cook for 30 seconds or until fragrant. Add tomatoes and their juices. Using potato masher, crush them in the saucepan. Stir in pesto. Increase heat to medium; cook for 8 to 10 minutes or until flavours have melded and sauce is hot.

Ingredients

- 1 pkg (454 g) PC Splendido Penne Rigate
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) chopped white onion
- 4 cloves garlic, chopped
- 2 cans (each 796 ml) San Marzano tomatoes
- 1 jar (270 ml) PC Splendido Tomato Pesto
- 1 ball (340 g) mozzarella cheese, shredded

Baked Tomato and Cheese Penne

This recipe serves 10. PRESIDENT'S CHOICE

4. In large bowl, toss pasta in hot sauce. Scrape into prepared baking dish. Top with shredded cheese. Bake uncovered for 15 to 20 minutes or until cheese is melted and browned.

COURTESY PRESIDENT'S CHOICE

Only fools rush in ... to an overindulgent Xmas

Alison Sweeney. Host of The Biggest Loser is keen to set a good example for her kids by having a healthy, disciplined holiday

MAJA LUNDAGER PEDERSEN
Metro World News in NYC

We recently sat down with Alison Sweeney, host of The Biggest Loser and the new leader of California Almonds' team of lifestyle experts, for a talk about health and holidays.

During our chat, one thing became clear: No Christmas miracle will save your weight. Whereas many resort to telling themselves that during the holidays calories don't count, Sweeney doesn't buy into that theory — and it shows in her food choices and the way she raises her children.

"Getting carried away and looking at it like 'Oh, I'll figure it out later,' is not a good idea," she tells us. Her go-to snack at holiday parties is vegetables — just that. She wants to set a good example for her kids, she says.

"I have an 8-year-old and a 4-year-old and I want to instill in them healthy nutritional values. I want them to be used to making healthy choices themselves," Sweeney, who is also author of The Star Attraction and The Mommy Diet, says.

But that doesn't mean cutting out fun, period. "I don't want them to feel like they can never have something indulgent, but (I want them to) also know how to control their portions."

She doesn't understand why people would ever lie to themselves about what is healthy and what is not.

"You need to arm yourself with the information. If you want to eat (whatever you feel like eating), go for it, but go in knowing what you are really eating and how many calories are really in it. Don't let them fool you, don't fool yourself. Be honest with yourself about what you put in your body and maybe you will make better choices. At least you will make educated ones."

Goals for 2014

• **Question.** On Twitter Sweeney asked people what their 2014 healthy goals are. She shared her favorite answers with us:

"Some of the ones that I loved hearing people talk about were wanting to make healthier choices with their children. What can we do together as a family to work out? Lot's of people responded that they want to get more sleep, which is definitely something I need to work on. I liked people talking about finding time to work out. It doesn't have to be all or nothing — if you can't make time for an hour-long workout, that doesn't mean you shouldn't do anything. You can still find 10 minutes to do some squats or lunges. Get something in."

Sweeney reminds us that exercise doesn't have to be all or nothing. Do 10 minutes if you can't do an hour. GETTY IMAGE

Santa isn't the only one who's stressed this holiday season

The holiday's hardest workers. While you're settling onto the sofa this season, give a thought to those whose jobs don't halt once the halls are decked

KIERON MONKS
Metro World News

Increasing numbers of us will not be taking a time out for Christmas. These are some of the most unfortunate professions to be in over the holidays.

Paramedics

A sharp spike in alcohol-related injuries make this the nightmare season for ambulance staff, and their patients are often violent as well as difficult to treat.

McDonald's

The world's second largest restaurant chain (after sandwich chain Subway) has pressured franchises to open on Christmas Day, which had been the only day it closed. Employees have petitioned the company to change their minds, but the restaurants will open, with no holiday pay or overtime for staff.

Sports stars

Not normally deserving of sympathy, but while most people are eating themselves into a coma, athletes are sprinting around frozen fields and playing matches that the hopes of millions rest on.

The U.S. basketball season arranges a number of top clashes for December 25, while British footballers can forget spending time with their loved ones.

Plumbers

The season of frozen pipes means the people that fix them are constantly on call, and as families push their homes to the limit, emergencies are far more likely. Plumbers are also under severe pressure to resolve problems quickly so the occasion is not interrupted.

Samaritans

At peak time for suicides and depression, the U.K. suicide prevention charity offers 24-hour support to people in crisis. Conditions can be bleak, too, for staff managing the phones, sacrificing their holiday to work around the clock offering hope to the hopeless, as well as a punching bag for abuse.

Honourable mentions for: the soldiers, the security guards, vicars, chefs and reporters for 24-hour news channels.

In many countries, paramedics take longer shifts over Christmas, including December 25, so the thankless task lasts longer. ISTOCK

The sun and sea of Florida comes at a price. ISTOCK

Prepare for the pitfalls before spreading your snowbird wings

JOLT act. If it passes in Congress, more Canucks swapping snow for sun will face income and real estate tax bills, and more

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've been a (working) snowbird in Florida for five years and love it. My husband and I feel very fortunate. But, like everything else, there's a learning curve.

Aside from learning how to live in two countries, there are tax and real estate considerations. This is especially true since the Jobs Originated through Launching Travel (JOLT) Act was proposed in the spring. Among other things, the act would extend the time Canadians buying homes for $500,000 or more can be in the U.S. without a visa from the current 182 days to 240.

The JOLT Act didn't make it through Congress this fall, but it's likely to pass on reintroduction if pressure to reduce the real estate benchmark and make tax changes is successful.

It will be great to have the flexibility. However, it could mean that more snowbirds are subject to U.S. income and estate tax because they will be deemed U.S. residents.

The formula for determining U.S. residency is a bit complex but essentially amounts to an average of 120 days annually over three years. That means some snowbirds are already considered U.S. residents but don't know it. The whole point of JOLT is to benefit the $130-billion US travel industry. So I suspect that tax changes will be included when the act is eventually passed, otherwise Canadian snowbirds will steer clear of Uncle Sam by keeping their winter sojourns shorter.

And one more thing...

• **Health care.** Another important issue for snowbirds is health care. Provincial health plans don't cover you if you're out of the country more than six months and you may have to re-establish residency in order to qualify again.

In the meantime, anyone who spends an extended period of time in the U.S. and is not working or studying should file Form 8840, Closer Connection Exemption Statement for Aliens. Essentially, it's a declaration of Canadian residency.

Snowbirds should also maintain a log of when they cross the border and keep on hand copies of credit card statements, income tax assessments and property taxes, just in case there is a question about where you are a permanent resident.

Don't try to cheat! Next summer a new system will track not only when you enter the U.S., but also your departure. The other issue for snowbirds owning a U.S. home is that if the Canadian owner or a joint owner dies, the U.S. property may be subject to estate tax, but only if you're wealthy.

Also, there may be Canadian tax on capital gains to be paid for a second home in the U.S. or tax on rental income. Canadians who bought property at bargain prices between 2008 and 2012 could make substantial gains if the market eventually moves back to more normal levels and if the loonie continues to slide.

Enjoying the snowbird life isn't as simple as it was years ago. But if you take your time, follow all regulations to the letter, use a U.S.-based lawyer for real estate transactions and keep on top of developments through organizations such as the Canadian Snowbird Association you'll find, as I do, that the winter-less life is really quite fine.

NBL Canada

Rainmen player facing charges ahead of trip to face Lightning

The Halifax Rainmen might be one man short when they face the London Lightning on Thursday at Budweiser Gardens.

Team owner Andre Levingston confirmed 27-year-old guard Tyler Richards has been charged by police after Metro learned of an incident at a Halifax night club on Sunday morning.

Halifax Regional Police spokesman Const. Pierre Bourdages wouldn't provide the name of the person charged as the incident hadn't been sworn in by the courts. He did say officers were called to the downtown bar at 3:20 a.m. regarding a 22-year-old woman who alleges she was assaulted by a 27-year-old man inside the nightclub.

The man was arrested and held in custody overnight. He is charged with a single count of assault and due in court in January.

Richards, who's from Halifax, has had one previous encounter with the law. Richards saw his final varsity season with the St. Francis Xavier X-Men end prematurely when he and two teammates were charged after a man was punched and kicked during a fight in February 2009.

Richards was sentenced to four months of house arrest in April 2010 on a single count of assault causing bodily harm.

Levingston said he's trying to figure out what happened in the alleged incident as he said he only learned about it when contacted by Metro.

"It's concerning to us," he said. "But we have to do our own investigation."

Levingston said it was too early to say if Richards would be accompanying the team on its road trip this week.

PHILIP CROUCHER/METRO IN HALIFAX

Halifax Rainmen guard Tyler Richards.
JEFF HARPER/METRO IN HALIFAX

Patrick Kane, left, celebrates one of his 19 goals this season with teammates Jonathan Toews and Duncan Keith last month in Dallas. Kane was a point behind Sidney Crosby's 46 for the league points lead going in to Monday night's NHL action. RONALD MARTINEZ/GETTY IMAGES

Kane raising game to rare level in Chicago

NHL. Former London Knights star challenging Crosby as league's top point getter

Patrick Kane is trying to do what no Blackhawk since Stan Mikita has done: Win the NHL scoring title.

Mikita was the last Chicago player to collect the Art Ross Trophy in 1967-68. If he keeps up his current pace, Kane could end that 46-year-old drought.

Kane, second behind Sidney Crosby, wasn't even aware of the Chicago dry spell.

"Roenick, maybe?" he said when asked to name the last Blackhawks winner during the defending Stanley Cup champions' visit to Toronto on Saturday.

Nope. Jeremy Roenick's best finish was fifth in 1993-94. Chicago dominated for a decade ending in 1968. Mikita won four times, Bobby Hull three. Since then, nothing.

"Oh, that was a ways back," Kane said, his eyes growing wide.

Wayne Gretzky (10 times) with Edmonton and Los Angeles dominated the 1980s and early 1990s, while the Penguins ruled over the last 20 years with 14 titles by Mario Lemieux (six) Jaromir Jagr (five), Evgeni Malkin (two) and Sidney Crosby (one).

Hard work in Windy City

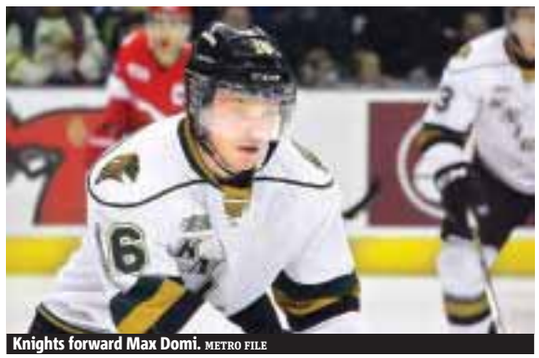
Patrick Kane doesn't take many nights off. Before his current nine-game point streak, he had put together a 12-game roll and has kept off the scoresheet only seven times this season — twice since November.

Going into Monday's games, Kane was only one behind Crosby's 46 points, although Crosby had two games in hand.

This year, Kane, who played junior with the London Knights, has also reportedly toned down his party-loving image off the ice.

"He's a guy who has matured, at least it looks like he has," Toronto coach Randy Carlyle, whose Maple Leafs played the Blackhawks Saturday, said. "He's more comfortable on the ice. He never seems to be under pressure when he has the puck." TORSTAR NEWS SERVICE

OHL rewards Domi's dominance



Knights forward Max Domi. METRO FILE

Max Domi has been named OHL player of the week after earning a league-leading 11 points in four games last week.

Domi netted five goals and added six assists as he helped the Knights (25-6-1-2) pick up seven of eight possible points last week.

The Phoenix Coyotes prospect had his first four-point game of the season — including the game-tying goal — in the Knights' 6-4 win over Kitchener on Tuesday. He picked up a goal and an assist as the Knights topped the Storm 5-2 on Friday and earned an assist in the Knights' 4-3 shootout loss in Erie on Saturday.

Domi rounded out his numbers in Sunday's game at Budweiser Gardens, scoring twice and picking up two assists, including one on Matt Rupert's third-period game winner, as London beat the Kingston Frontenacs 6-4.

Domi's the first London Knight to earn player of the week honours this season.

METRO

4 SPORTS

NHL. Lucic left fuming after nightclub attacks

Boston Bruins forward Milan Lucic says he's "done trying to defend" his hometown of Vancouver after he claims he was punched twice at a nightclub.

"I have no reason left to try and defend my city, and the people of my city," Lucic said. "Other than being at Rogers Arena, no one will ever see me in downtown Vancouver again."

A video released on the Internet shows Lucic in an altercation with an unknown person in front of police. No punches are thrown in the video.

Lucic and the Boston Bruins were in Vancouver for a game on Saturday, which the Canucks won 6-2.

Lucic told Boston reporters that the incident took place after the game and he was punched twice — once inside the club and once outside.

THE CANADIAN PRESS

B.C. homecoming?

"I was punched in the face on two separate occasions."

Bruins forward Milan Lucic, describing Saturday's altercations at a Vancouver bar

NHL

Habs' Parros concussed again

Montreal Canadiens tough guy George Parros has sustained his second fighting-related concussion of the season.

Parros was stunned by a pair of late punches in a fight with Eric Boulton in Montreal's 1-0 overtime road win over the New York Islanders on Saturday. Parros was wobbly getting to his feet, but skated off the ice on his own power.

He didn't return to Saturday's game and was a scratch for Montreal's 2-1 home loss to Florida on Sunday.

THE CANADIAN PRESS

Bruins' Thornton appeals his 15-game suspension

Boston's Shawn Thornton is facing a hefty ban for his attack on Brooks Orpik of the Penguins in a game on Dec. 7. ELSA/GETTY IMAGES

NHL. Boston enforcer using league's new CBA to challenge ban

Bruins tough guy Shawn Thornton has decided to appeal his 15-game suspension for punching and injuring unsuspecting Penguins defenceman Brooks Orpik.

Thornton's agent, Anton Thun, confirmed in an email that his client was appealing. The NHL Players' Association announced it had informed the league of that plan before the 48-hour deadline to do so passed.

As laid out in the collective bargaining agreement, the appeal first goes to commissioner Gary Bettman. If Bettman upholds the suspension, Thornton and the NHLPA can then elect to appeal to a neutral arbitrator because it is for six or more games.

Buffalo Sabres forward Patrick Kaleta is the only player to use this appeals process under the new CBA, and no player has gone to the neutral arbitrator. Bettman upheld Kaleta's 10-game suspension for an illegal hit on Columbus Blue Jackets defenceman Jack Johnson.

Thornton got 15 games for slew-footing Orpik to the ice and landing gloved punches to his head during a game Dec. 7. The Pittsburgh defenceman was knocked unconscious and has not played since because of a concussion.

Vice-president of player safety Brendan Shanahan said it was not a spontaneous action by Thornton because he tried to confront Orpik earlier after Orpik injured Bruins winger Loui Eriksson with a hit.

Several general managers and coaches around the NHL have spoken in support of Thornton's character in his career before this incident.

The Oshawa native apologized for his actions after the game. THE CANADIAN PRESS

MLB

Indians, Axford agree to terms

After considering some in-house options, the Indians may have found their new closer on the outside.

Canadian free agent John Axford, who had 46 saves for Milwaukee in 2011 but has struggled the past two seasons, has agreed to terms on a contract with the Indians, pending a physical. Axford, from Simcoe, Ont., is expected to undergo a medical exam early this week.

If there are no issues, Axford will close for the Indians in 2014, replacing Chris Perez, who was released on Oct. 31.

THE ASSOCIATED PRESS

The Cleveland Indians are adding Simcoe, Ont., pitcher John Axford to their bullpen. GENE J. PUSKAR/THE ASSOCIATED PRESS

UFC. 'Bones' backs GSP's decision to call it quits

UFC light-heavyweight champion Jon (Bones) Jones is backing Georges St-Pierre's decision to give up his title and walk away from the sport.

"I'm proud of him," Jones said in an interview from Sacramento, site of the UFC's weekend televised card. "I think he's listening to his body and he's doing what makes him happy and that's what life is about ultimately.

Calling his life a "freaking zoo," St-Pierre announced Friday that he was leaving the sport for an undetermined period of time to look after undisclosed personal issues.

The 32-year-old from Montreal leaves the sport ranked No. 2 behind Jones on the UFC's pound-for-pound top fighter list.

Jones, 26, is no stranger to life in the spotlight himself.

He became the UFC's youngest-ever champion at 23 when he dethroned Mauricio (Shogun) Rua at UFC 128 in March 2011. But he said he had no problems with being in the limelight.

Jones said he doubted St-Pierre (25-2) would return.

Light-heavyweight contender Alexander (The Mauler) Gustafsson called GSP's decision to walk away "a little bit sad."

Georges St-Pierre announces his decision to walk away from the UFC in Quebec on Friday. JACQUES BOISSINOT/THE CANADIAN PRESS

"Because he's the champion and he's a legend in the sport," Gustafsson said in a interview from his native Sweden. "But at the same time, I support him. If he thinks that's the right decision, I understand."

Jones (19-1) defeated Gustafsson (15-2) in a close fight at UFC 165 in Toronto in September. The two are expected to fight again in the near future, providing they both win their scheduled bouts in March-April.

No. 1 contender Gustafsson is slated to take on Jimi (Poster Boy) Manuwa on a televised card in March while Jones faces No. 2 Glover Teixeira of Brazil at UFC 172.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	33	22	9	2	92	70	46
Montreal	35	20	12	3	88	75	43
Tampa Bay	33	19	11	3	90	80	41
Detroit	35	15	11	9	89	94	39
Toronto	34	17	14	3	97	99	37
Ottawa	34	13	15	6	96	111	32
Florida	34	12	17	5	78	109	29
Buffalo	33	7	23	3	55	96	17

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	34	23	10	1	105	74	47
Washington	33	18	12	3	105	97	39
Carolina	34	14	13	7	79	94	35
NY Rangers	34	16	17	1	76	91	33
Columbus	33	14	15	4	85	92	32
Philadelphia	33	14	15	4	76	91	32
New Jersey	34	13	15	6	78	85	32
NY Islanders	34	9	19	6	83	118	24

Monday's results
Winnipeg at Columbus
Toronto at Pittsburgh
St. Louis at Ottawa
Dallas at Colorado

Sunday's results
Washington 5 Philadelphia 4 (SO)
Tampa Bay 3 Detroit 0
Florida 2 Montreal 1
NY Rangers 4 Calgary 3 (SO)
Chicago 3 Los Angeles 1
Anaheim 3 Edmonton 2

Tuesday's games — All Times Eastern
Calgary at Boston, 7 p.m.
Winnipeg at Buffalo, 7 p.m.
Tampa Bay at NY Islanders, 7 p.m.
Florida at Toronto, 7 p.m.
Anaheim at Detroit, 7:30 p.m.
Phoenix at Montreal, 7:30 p.m.
Washington at Philadelphia, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
San Jose at St. Louis, 8 p.m.
Chicago at Nashville, 8 p.m.
Colorado at Dallas, 8:30 p.m.
Edmonton at Los Angeles, 10:30 p.m.

Wednesday's games
Ottawa at New Jersey, 7:30 p.m.
Pittsburgh at NY Rangers, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	36	24	7	5	135	101	53
St. Louis	31	22	6	3	110	73	47
Colorado	31	21	9	1	88	73	43
Minnesota	35	19	11	5	81	81	43
Dallas	31	15	11	5	90	93	35
Nashville	33	16	14	3	77	92	35
Winnipeg	34	14	15	5	90	100	33

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	35	23	7	5	111	89	51
Los Angeles	34	22	8	4	94	68	48
San Jose	33	20	7	6	108	82	46
Vancouver	35	20	10	5	98	83	45
Phoenix	32	18	9	5	104	100	41
Calgary	33	13	15	5	86	106	31
Edmonton	35	11	21	3	93	120	25

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	18	28	46
Kane, Chi	19	26	45
Malkin, Pgh	9	32	41
Getzlaf, Ana	16	23	39
Ovechkin, Wash	28	9	37
Tavares, NYI	13	24	37
Perry, Ana	21	15	36
Backstrom, Wash	8	28	36
Steen, StL	22	13	35
Thornton, SJ	5	30	35
Kunitz, Pgh	17	16	33
Sharp, Chi	16	17	33
Kessel, Tor	17	15	32
Marleau, SJ	15	17	32
Toews, Chi	13	19	32
Seguin, Dal	17	14	31
St. Louis, TBL	13	18	31
D. Sedin, Vcr	11	20	31
H. Sedin, Vcr	9	22	31
Backes, StL	16	14	30
Ryan, Ott	15	15	30
Little, Win	13	17	30
Pavelski, SJ	12	18	30
Zetterberg, Det	11	19	30
Couture, SJ	10	20	30
Karlsson, Ott	9	21	30
Hudler, Cal	9	21	30
Keith, Chi	2	28	30

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	20	3	.870	—
d-Miami	17	6	.739	3
Atlanta	12	12	.500	8 1/2
d-Boston	11	14	.440	10
Detroit	11	14	.440	10
Charlotte	10	14	.417	10 1/2
Toronto	9	13	.409	10 1/2
Chicago	9	13	.409	10 1/2
Washington	9	13	.409	10 1/2
Cleveland	9	14	.391	11
Brooklyn	8	15	.348	12
New York	7	16	.304	13
Orlando	7	17	.292	13 1/2
Philadelphia	7	18	.280	14
Milwaukee	5	19	.208	15 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	21	4	.840	—
Oklahoma City	19	4	.826	1
d-San Antonio	19	4	.826	1
d-L.A. Clippers	16	9	.640	5
Houston	16	9	.640	5
Phoenix	14	9	.609	6
Denver	14	9	.609	6
Dallas	14	10	.583	6 1/2
Golden State	13	12	.520	8
Minnesota	12	12	.500	8 1/2
New Orleans	11	11	.500	8 1/2
L.A. Lakers	11	12	.478	9
Memphis	10	13	.435	10
Sacramento	7	15	.318	12 1/2
Utah	6	20	.231	15 1/2

d - division leader

Monday's results
Detroit at Indiana
Minnesota at Boston
L.A. Lakers at Atlanta
Utah at Miami
Washington at New York
Philadelphia at Brooklyn
Orlando at Chicago
San Antonio at L.A. Clippers

Sunday's results
Portland 111 Detroit 109 (OT)
Sacramento 106 Houston 91
Minnesota 101 Memphis 93
Oklahoma City 101 Orlando 98
Denver 102 New Orleans 93
Phoenix 106 Golden State 102

Tuesday's games — All Times Eastern
Portland at Cleveland, 7 p.m.
Sacramento at Charlotte, 7 p.m.
L.A. Lakers at Memphis, 8 p.m.
Oklahoma City at Denver, 9 p.m.
New Orleans at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
There are times when it is right to back down but this isn't one of them. If you find yourself under attack today, stand up and fight back. Don't be intimidated by noise makers.

♉ Taurus
April 21 - May 21
You may feel compelled to accept what is offered but if you are not happy with the terms, speak up or there will be trouble further down the line. You are not being selfish by holding out for more.

♊ Gemini
May 22 - June 21
The full moon in your sign suggests at least one challenge is heading your way and it is important that you face up to it. Don't let anyone bully you.

♋ Cancer
June 22 - July 23
Do others have your best interests at heart? Why leave it to chance? Money matters and business issues are a minefield, so tread carefully and make sure you are not being cheated.

♌ Leo
July 24 - Aug. 23
You may be brave by nature but taking risks is best avoided today, especially on the home front where loved ones are unlikely to see the funny side of your pranks — and even less if they have to come and rescue you.

♍ Virgo
Aug. 24 - Sept. 23
Someone will be aggressive towards you today. What have you done to deserve being treated harshly? Probably nothing but they may see it as getting you back for something you previously did. Let it pass.

♎ Libra
Sept. 24 - Oct. 23
You can be persuasive at times but don't go too far and demand that people change their views. Communication is about the exchange of ideas, not forcing your ideas on those who clearly don't want them.

♏ Scorpio
Oct. 24 - Nov. 22
Someone will give you a hard time today and you are not the sort to back down. However, if you find yourself battling someone in a position of power, don't take it too far.

♐ Sagittarius
Nov. 23 - Dec. 21
If you know what is good for you, keep a low profile over the next 24 hours. A full moon in your opposite sign means you will encounter people who rub you the wrong way. You don't have to interact with them.

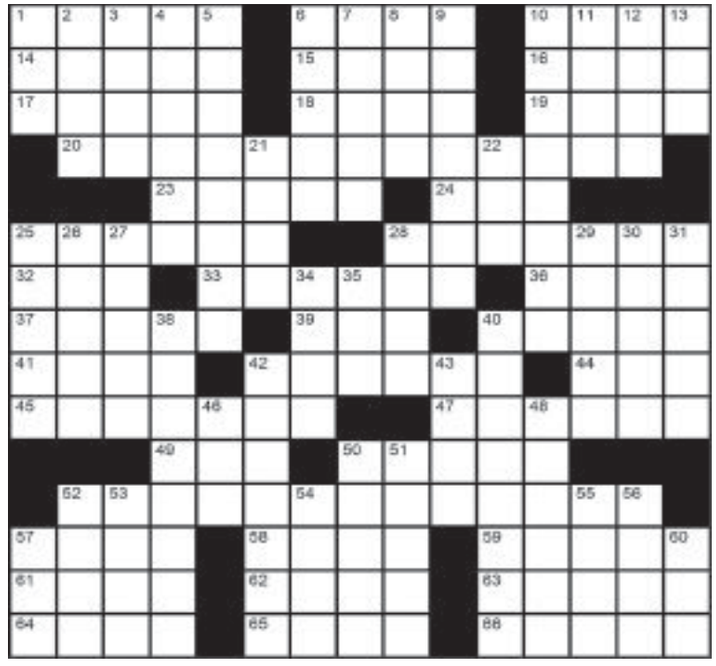
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your time arguing about something that is trivial. If you find yourself losing your temper with someone who refuses to see sense, just turn your back and walk away.

♒ Aquarius
Jan. 21 - Feb. 19
Today's full moon indicates that your differences with a certain person are too strong to pretend they do not exist. If a parting of the ways is necessary so be it. You'll be better off.

♓ Pisces
Feb. 20 - March 20
Accidents will happen but that does not mean they have to happen to you. If you look for adventure, you will find it. It may be fun to begin with but later on it will be you who slips and falls. **SALLY BROMPTON**

Crossword: Canada Across and Down

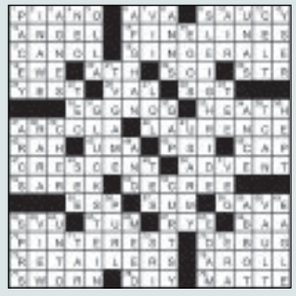
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. "That's great!": 2 wds.
6. Catch
10. Cheerios uniform letters on FOX's "Glee"
14. John __ (Tractor company)
15. Breadbasket item
16. Prefix with 'tude' (Elevation)
17. Opera highlights
18. Be goofy, __ _ fool
19. Canuck coffee spot, to regulars
20. Members of this intergovernmental forum include Canada and Iceland: 2 wds.
23. Without a __ __ stand on
24. "What??"
25. "Psst!" from above: 2 wds.
28. Maple Leafs great Doug
32. Society notice word
33. "We Three Kings of __ Are"
36. Feminizing suffix
37. Paw parts
39. Canuck motorists org.
40. "And now, the __ __..." - Paul Anka, "My Way"
41. __ Space Museum of Calgary
42. Jeff __, Animal Planet host
44. Hot season in Hull
45. Surname of the Prime Minister who won the Nobel Peace Prize in 1957
47. __ _ __ (How dishes are often sold)
49. Critical
50. Twin brother of Romulus in Roman†mythology
52. Reason for some animal extinctions: 3 wds.
57. KISS ballad
58. Shoe parts
59. Stanley of "Julie & Julia" (2009)
61. Not fooled by: 2 wds.
62. Fort __, ON
63. 1911 Edith Wharton novel, __ Frome
64. On
65. Mail
66. __ __ evil, hear...

Down
1. Harem room
2. Wife of Zeus
3. Skating great Johnny
4. Prophet
5. Mythical setting of HBO's "Game of Thrones"
6. Land stretch
7. Celebrity chef Mr. DiSpirito
8. Sax sort
9. Acclaim
10. "Stereo" band from Winnipeg, The __
11. Nero's 1052
12. WWW code
13. "__-boom-bah!"
21. Disney CEO, Bob __
22. Void, in Paris
25. Open the bottle
26. Point __ (Canada mainland's most southerly tip)
27. Supremes' "I __ _ Symphony"
28. Chew
29. Waves: French
30. Join
31. Adjust anew
34. Picture
35. Hearer
38. North Pole: Santa's __
40. Master bedroom must-haves
42. Phoenix players
43. Shakespeare's foot?
46. French possessive
48. Shrewd
50. River of Germany
51. Facilitated
52. Temporarily gave
53. Director Mr. Preminger
54. Fairway warning!
55. Be sore
56. Coast-to-coast road, famously
57. Designer gown accessory
60. She gave Odysseus a veil

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

	5						6	
		8				9		
1	7		9	3	5		2	4
	3		1		9		8	
2								1
	1		5		2		9	
5	2		8	7	4		3	9
		3				1		
	6						7	

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